

YOUR HEALTH & WELL BEING



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Fitness Strategies for the Family

According to government statistics, childhood obesity in America has risen dramatically since the 1960s, with as many as 30 percent of children meeting the definition of obese. The usual suspects rarely change: foods too high in fat and lives too lacking in exercise, partly because of the constant lure of television and video games.

If you're thinking your family's fitness strategy could use some improvement, you should first

consult your pediatrician, who can also tell you what a child's ideal weight should be. If the weight problem isn't medical and your child is 20 pounds or less over his ideal weight, you may be able to manage his weight problems with some behavioral and nutritional changes.

CUT THE FAT

To improve your family's diet, here's what a few nutritionists recommend:

- Eat meals together as a family so you can control how much and what your kids eat, and don't allow kids to eat food between meals or snack times.
- Focus on fitness as a family to make it more of a habit and to make it more enjoyable.
- Shop wisely; if you don't want your child to eat it, don't bring it in the house.
- Teach children to eat slowly, savor the food, and listen to the body's hunger and fullness cues.
- Plan regular meals. If children get too hungry, they may overeat.
- Don't force a child to clean his plate.

In addition, parents need to let children find their natural body weight, which can vary as they grow. And not overreact if a child gains a few pounds, because some kids naturally gain a little weight, for instance, right before the onset of puberty or a growth spurt.

MOVE YOUR FEET

To help prevent excessive weight gain and obesity before it develops, keep exercise plentiful and enjoyable. It's actually fairly easy to incorporate physical activity with children, since they love to play and be active. Consider these ideas:

- The easiest is simply walking. There are a number of ways to do this. Parks with walking paths, the beach or the zoo are all good choices. Or just walk around the block or the mall. You just need to get out and do it.
- Older children and adolescents may be more into team sports or a particular sporting activity such as tennis or racquetball. Stay involved with your children any way you can.
- Many municipalities have summer programs for family activities. There are also many different sports leagues (baseball, softball, volleyball) and many of these may be family oriented.
- Many health clubs also now recognize family fitness and offer some type of program.

For all the suggestions, one theme dominates: parental involvement. Without the parents making changes, it's very difficult to impossible for things to change for the family. So, get the family moving today – you'll all enjoy the benefits.

Did You Know?

Did you know that by accessing myCIGNA.com you can store your personal health information? Health Record keeps your current conditions, medications, allergies, surgeries, immunizations and emergency contact information in a central, secure location. And Health Trackers includes easy-to-read charts that keep track of your key health measurements such as blood pressure, blood sugar, cholesterol (Total/LDL/HDL), exercise, height and weight. Check both of these tools out on myCIGNA.com today.

It's About Your Time

Online support from CIGNA HealthCare makes managing your benefits easier

Make the most of the time you spend planning, managing and understanding your health benefits. Take advantage of myCIGNA.com and get access to tools designed to help you be more informed when talking with your doctor about your treatment options.



Select Quality Care™ Hospital Comparison Tool

Based on your needs and preferences, compare hospitals for specific illnesses or procedures. You also can print out a personalized report or e-mail it to your physician.

HealthQuotient™ Health Risk Assessment

This questionnaire can help you identify and monitor your health status, find out how your family health history may affect you, learn about preventive care and check your progress toward healthy goals. If your results show that you may benefit from other services, you can learn about related CIGNA HealthCare programs on the same site.

DrugCompare™

Learn about and compare drug treatment options for more than 50 common conditions. Up to 10 medications can be compared at once for features such as side effects, cost and drug interactions.

Did You Know?

Did you know that preventive care can often detect health issues in their earliest stages. That's why the following screenings are recommended:

- Pap test at least every 3 years for women ages 18 and older.
- Mammogram every 1-2 years for women ages 40 and older.
- Colon cancer screenings for men and women, beginning at age 50.
- Prostate screening for men experiencing problems with urination or pain in the pelvis, hips, lower back or upper thighs.

These recommendations may vary, depending on your personal health status and medical history. Remember to work with your doctor to help you get the information and care you need.

Around-the-clock availability, instant access to your benefits information and a wide variety of healthy-living guidelines are all at your fingertips. In one place. With one visit. Visit myCIGNA.com today.

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